

Black Bean Braised Beef with Asian Mushrooms and Ginger

BEEF CUT:

Chuck Steak/Bolar Blade

PREP TIME:

20 Minutes

COOK TIME:

2 Hours

SERVES:

Four

Slow cooking allows the Asian flavours in this dish to shine. Teamed with meltingly tender beef, have yourself a cracking dish that will see you turn your back on your take away menus.

INGREDIENTS

600 g	Chuck steak, trimmed and diced
1 tbsp	Salted black beans, soaked in warm water for 5 minutes
150 g	Asian mushrooms, trimmed
	Thumb sized piece ginger, cut into fine matchsticks
1 cup	Salt reduced beef stock
1 cup	Chinese rice wine
2 tsp	Sugar
	Rice, sliced spring onions, coriander and Asian greens, to serve



METHOD

1. Preheat the oven to 170°C and place a casserole over a high heat. Coat the beef with some vegetable oil and cook 5 minutes or until coloured. You may need to do this in 2 batches. While the beef is cooking, rinse and squeeze dry the soaked black beans and mash roughly with a fork.
2. Add the mushrooms and ginger to the beef and cook for 30 seconds, scraping up any sticky bits with a wooden spoon. Add the black beans, stock, rice wine, sugar and ½ cup water and bring up to the boil. Place the lid on the pan and bake for 2 hours, or until the meat is very tender.
3. Serve with rice, sliced spring onions, coriander and Asian greens.



CASSEROLE



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